

# Honey-Mustard Parsnip & Potato Bake

Adapted from GoodFood website

## INGREDIENTS

- 2 lb potato, scrubbed and cut into 1-inch cubes (leave skins on for more fibre)
- 2 lb parsnips, scrubbed and cut into 1-inch cubes
- 6 tbsp butter
- 2 1/4 cup milk or unsweetened milk alternative
- 3/4 cup all purpose or light spelt flour
- 2 tbsp wholegrain mustard
- 2 tbsp white wine vinegar
- 2 tbsp honey
- 1 1/2 cup bread crumbs (whiz a small portion of your bread in a food processor)
- 1/2 cup grated parmesan cheese
- Salt and pepper to taste

## DIRECTIONS

1. Bring a large pot of salted water to the boil. Add chopped potatoes and parsnips, bring back to a boil and simmer for 5 mins. Don't over cook! Gently drain so they don't rough up too much, then tip into ovenproof baking dish.
2. Melt the butter in a saucepan over medium-low heat, whisk in flour. Gradually stir in milk to a smooth, lump-free sauce. Cook gently, stirring constantly, until the sauce is nicely thickened - about 3 minutes\* If your sauce is too thick, add more milk. Stir in the mustard, honey, vinegar, salt and pepper. Pour evenly over the potatoes/parsnips. Mix the crumbs and cheese together, scatter over the top.
3. Bake, uncovered at 300° C for 30-40 mins until the top is crisp and golden and the sauce hot through.

### Test Kitchen Tip!

\*Your sauce should be Nappe consistency. A French culinary term that refers to sauce consistency. To test for Nappe, immerse a metal spoon in sauce, turn so back (convex side) of spoon faces you. Run index finger down the middle. If you get a clear line, sauce is ready!

## How Sweet It Is!

These colourful boxes known as beehives, house the beautiful bees that made the sweet honey in your pack. The area where beekeepers keep their beehives is called an apiary or bee yard. This particular bee yard is located in Amaranth and is managed by Sarah Allinson-Chorabik and her family. The Headwaters Fall Blossom honey in your pack is raw and unpasteurized so it has naturally occurring beneficial enzymes. We here at HFFA are grateful for bees and other pollinators that keep our local food system flourishing. To learn how your family can help protect pollinators [davidsuzuki.org/queen-of-green/create-pollinator-friendly-garden-birds-bees-butterflies/](http://davidsuzuki.org/queen-of-green/create-pollinator-friendly-garden-birds-bees-butterflies/)

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If it wasn't for bees and other pollinators like butterflies and bats, you would not be holding a Local Food Club bag in your hand. These hard working creatures are responsible for moving pollen from one plant to another to ensure fertilization and successful seed and fruit production. These seeds and fruits become the bounty we find at farmers' markets and the grocery store. There are 20,000 different species of bees. *Apis mellifera* or European honey bee is the "domesticated" bee responsible for the jar of sweet nectar in your pack. We hope you enjoy the "fruits of their labour". We are trying a new local sprout producer this month - Big Thunder Farms in Mulmur. The "China Rose Radish" sprouts in your pack are a best seller at Big Thunder Farms and pack a lot of nutrition in a small package. These pink stemmed health promoting super sprouts contain a fair amount of protein and are good sources of calcium, iron, magnesium and zinc. As the days get longer, cold storage coffers dwindle and we go a bit further afield to find local produce. The carrots and parsnips in your bag are from Pfenning's Organic Farm in New Hamburg, Ontario. The potatoes in your bag are organic and are from Downey Potato Farm in Melancthon. Enjoy this month's comfort dish!

You will need to whiz a small portion of your Amanda's Country Bakery sourdough bread in a food processor for the recipe. If you don't have a processor, keep your children busy and have them rip a small portion of the bread into small pieces. They can also clean and scrub potatoes and parsnips, and measure ingredients.

## Nutrition Report Card

A+

**Manganese**

Parsnips are a good source of manganese, a mineral that is required for bone development and metabolism.

A

**Vitamin C**

Believe it or not, potatoes are a great source of vitamin C. This vitamin is crucial for a healthy immune system.

B+

**Beta Carotene**

Beta carotene is converted to vitamin A in the body. Vitamin A is essential for eyesight, growth and development.

## this month's food is from...

**Downey Farms**

[downeyfarm](http://downeyfarm.com)

**Ontario Honey Creations**

[myhoneycreations.com](http://myhoneycreations.com)

**Amanda's Country Bakery**

[amandascountrybakery.ca](http://amandascountrybakery.ca)

**Big Thunder Farms**

[bigthunderfarms](http://bigthunderfarms.com)

**Pfenning's Organic Farm**

[pfennings.organic](http://pfennings.organic)

The Local Food Club is a project of Headwaters Food & Farming Alliance, in partnership with Headwaters Communities in Action with support from the Ontario Trillium Foundation.

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[hffa.ca/farmtoschool](http://hffa.ca/farmtoschool)



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for our future.